

MiamiHerald.com 

Posted on Sat, Oct. 11, 2008

Close call inspires youth coach

BY JIM VARSALLONE

Plantation's Central Park will be the site for a five-kilometer run/walk at 7:30 a.m. Oct. 19 to benefit the Sarcoma Foundation of America.

The event is being organized by **Mike Mandell**,  Florida state chapter leader of SFA.

His battle against angiosarcoma inspired him to help find a cure for this rare and often deadly form of cancer.

It was about five years ago when Mandell noticed a red bump at the end of his nose. After treating it with over-the-counter medications for about two weeks with no change, he went to a dermatologist.

That appointment was the first step in a long, challenging road through chemotherapy, surgery and radiation. Now close to five years since he was diagnosed, he realizes he's one of the fortunate ones. He stepped into a leadership role in SFA's volunteer network.

"In just a few short months, I have already spoken with people around the state who are either fighting the battle against sarcoma, or who have lost a friend or loved one to this deadly disease," Mandell said in a press release.

"I realized not only how fortunate I am to have survived, but how important it is to help those who are or will be stricken."

The race is open to walkers and runners on any level. Medals will be awarded to males and females in five age categories. There is a free Kids' Fun Run for children under age 5.

Each participant will receive a race T-shirt, a giveaway bag and healthy breakfast snacks after the race. They also will be eligible for a post-race raffle that features prizes from community merchants.

Registration is \$20 in advance at splitsecondtiming.com and \$25 on race day.

Mandell, a Plantation resident with two sons, coaches youth league teams. He is a strong supporter of community fitness. Call 954-439-4477 or e-mail him at mandell10303@msn.com.

2 WIN AT DISNEY

- Boca Raton residents **Heidi McBride** and **Christy Wise** won the women's team division as Team Baby Boot Camp during Disney's Inaugural Expedition Everest Challenge, presented by Champion, last month at Disney's Animal Kingdom in Lake Buena Vista.

They completed a 5K run through the theme park at night, an obstacle course and a scavenger hunt in 47 minutes, 25 seconds.

More than 3,000 people participated in Disney's inaugural urban adventure race. At the finish, each participant received a commemorative medal, shaped like a compass, and took part in a postrace party. To learn more, visit disneysports.com/endurance and disneysports.com.

KOMEN RUN-WALK

- The Susan G. Komen Race for the Cure, featuring a 5K run, 5K walk, one-mile fun run and tot run, is at 7:30 a.m. Oct. 18 at Bayfront Park in Downtown Miami. The annual event raises money for local breast cancer organizations. The cost is a \$27 donation per person; the tot run is \$12 for ages 2-7. You can register online at komenmiafl.org.

BUDDY WALK

- The Broward County Buddy Walk, a three-mile walk to benefit Gold Coast Down Syndrome, is from 9 a.m. to 2 p.m. Oct. 19 at the Hollywood Beach Boardwalk at North Beach Park.

Registration begins at 6:30 a.m. The event includes raffle prizes and entertainment. Call **Diane De Braga** at 954-577-4122.

SIGN UP FOR MARATHON

- Registration for the ING Miami Marathon and Half Marathon is open. The event is Jan. 25, with a 13.1-mile (half) and 26.2 mile (full) route from AmericanAirlines Arena to South Beach, downtown and Coconut Grove.

There were 13,000 runners who competed in 2008, and 15,000 are expected in 2009.

Beginners and advanced runners seeking information on training for a marathon or half marathon, call PR Racing at 305-278-8668 or go to ingmiamimarathon.com.

© 2008 Miami Herald Media Company. All Rights Reserved.
<http://www.miamiherald.com>